

Breathe Yourself Calm This Christmas

Why breathwork helps?

The festive season can be joyful and overwhelming. Breathwork balances the nervous system, reducing stress and grounding emotions.



Caroline Boyle,
Breathwork facilitator
at Penny Brohn UK

Exercises to try at home

Physiological Sigh (10 secs)

A rapid stress reset.

How:

- Inhale through your nose, filling the belly.
- Take a second small inhale filling the chest.
- Slow, long exhale through the mouth.

Use when: You feel overwhelmed or tense.

4-7-8 Breathing (2 mins)

Slows your heart rate and induces calm.

How:

Inhale 4s → Hold 7s → Exhale 8s.

Use when: This is best for unwinding in the evening.

Extended Exhale Breathing (30-60 secs)

Quick anxiety reducer.

How:

Inhale 4s → Exhale 6-8s.

Use when: You feel rushed, pressured, or mentally overloaded.

Box Breathing (1 minute)

Balances the mind and body.

How:

Inhale 4s → Hold 4s → Exhale 4s → Hold 4s.

Use when: You need grounding in queues or busy environments.

These exercises are brought to you by Caroline Boyle, Breathwork facilitator at Penny Brohn UK.

If you have found them helpful you might like to join Caroline online for her next Breathwork group class on zoom - visit <https://pennybrohn.org.uk/event/breathe-worry-anxiety/> to book.



Penny Brohn^{UK}

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